Pedometer Watch

Multi-Function Watch
w h i c h
Counts your walking step

USER MANUAL

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1.0 Introduction

Thank you for purchasing of this Watch.

This Watch provides Timekeeping Function, Chronograph Function, Countdown Timer Function and Pedometer Function.

In addition to normal Pedometer function, this Watch specially includes the advanced pedometer function which not only counts your walking step, but also calcucate the distance, speed, exercise time and calorie expenditure for your walk.

To get the most of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary. It is advisable to use this Watch in conformity with the below notes:

- Avoid exposing the Watch to the extreme conditions.
- Avoid rough uses or severe impacts to the Watch.
- Do not open the Watch case unless a certified service agency.
- Clean the Watch occasionally with a soft and moistened cloth.
- Store the Watch in a dry place when it is not in use for a long time.
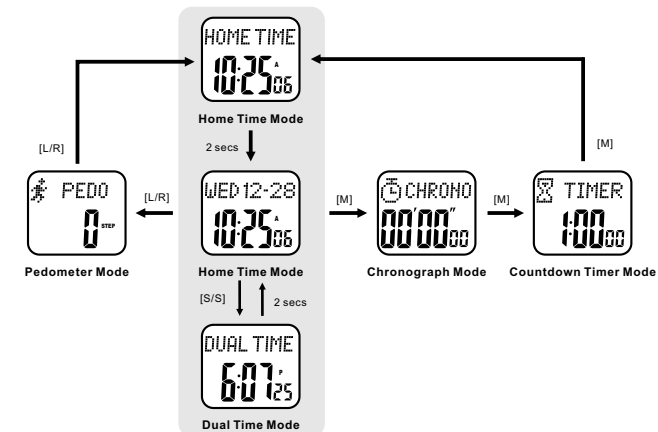
2.0 Button and its Function
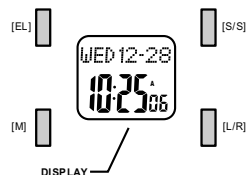
Mode Button [M]
- To select among the Home Time, Chronograph and Countdown Timer Mode.
- To select setting display.

Up/Start/Stop Button [S/S]
- To switch between 12/24 hour, M/D and D/M format in setting mode only.
- To activate the 'start' or 'stop' function during Chronograph Mode, Countdown Timer Mode and Pedometer Mode.
- To increase the digits during setting display.
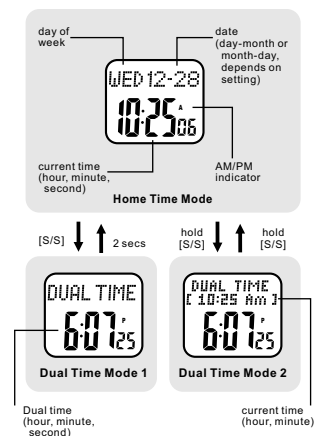
Down/Reset Button [L/R]
- To select between the Home Time Mode and Pedometer Mode.
- To activate the 'reset' function during Chronograph Mode, Countdown Timer Mode.
- To clear the value for the timer.
- To switch between 12/24 hour, M/D and D/M format in setting mode only.
- To decrease the digits during setting display.

EL Button [EL]
- To turn on the EL back light for about 3 seconds.

NOTE: The major key operations are summarized on the above paragraphs, however please read the coming chapters for the detail operations.

3.0 Major Function Modes

Home Time Mode

Pedometer Mode   Home Time Mode   Chronograph Mode   Countdown Timer Mode

Dual Time Mode

4.0 Home Time Mode - *Home Time Display*

day of week

date (day-month or month-day, depends on setting)

current time (hour, minute, second)

AM/PM indicator

Home Time Mode

Dual Time Mode 1

Dual Time Mode 2

Dual time (hour, minute, second)

current time (hour, minute)

Home Time Display
- When the Home Time Mode is selected, the Watch will show the following items on the display:
  - The day of week and date of the home time are exhibited on the 1st row of the display.
  - The current time (hour, minute, second) is exhibited on the 2nd row of the display.

Dual Time Display
- There are two Dual Time Modes. They are the Dual Time Mode 1 and 2.
- Dual time Mode 1 will exhibit for 2 seconds when press the [S/S] button in the Home Time Mode.
- Dual time Mode 2, both the current time and the dual time are exhibited on the same display when hold down the [S/S] button in the Home Time Mode for 2 seconds.

hold [M] for 3 seconds

WED 12-28
10:25:06 A

Home Time Mode

hold [M]   hold [M]

Home Time Setting

[L/R]*

↓ [L/R]*

Alarm Setting

↓ [L/R]*

Pedometer Schedule

↓ [L/R]*

Pedometer Setting

Dual Time Setting

↑ [L/R]*

System Setting

↑ [L/R]*

Personal Profile

↑ [L/R]*

Timer Setting

↑ [L/R]*

Pedometer Memory

↑ [L/R]*

[L/R]*   Pedometer Counter

[M] ↓ ↑ hold [M]

Setting Mode

Remark*:
Press the [S/S] to move the selection by a reverse direction.

Quick Settings Modes

■ Quick setting includes 10 different settings. They are Home Time Setting, Alarm Setting, Pedometer Schedule Setting, Pedometer Setting, Pedometer Counter, Pedometer Memory, Timer Setting, Personal Profile, System Setting and Dual Time Setting.

■ To select the Quick Setting Mode, hold the [M] button for about 2 seconds in the Home Time Mode, and then 'HOME TIME SETTING' mode will appear.

■ In setting mode, press the [S/S] or [L/R] button to move and select among 10 different settings.

■ If the target setting is displayed, press the [M] button to select that setting. Check the coming chapters for the detail of these settings.

■ Hold the [M] button for about 2 seconds to exit the Quick Setting Mode.

■ The Watch will also exit the setting mode if NO key-stoke has been activated for 1 minute.

HOME TIME SETTING
1 oF 10

Home Time Quick Setting

[M]   hold [M]

[M]
second   12/24-hr

↓ [M]   ↑ [M]

minute   D/M or M/D

↓ [M]   ↑ [M]

hour   day

↓ [M]   ↑ [M]

[M]
year   month

Setting Sequence

[S/S]/[L/R]
Increase or decrease the number

hold [S/S]/[L/R]
increase or decrease the number at a higher speed

How to Set the Home Time

■ To select the setting display, hold the [M] button for 2 seconds in the Home Time Mode, and then the 'HOME TIME SETTING' will appear.

■ Press the [M] button in the 'HOME TIME SETTING' Mode, the 'Second' digits will start flashing:

■ In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.

■ When the second digits start flashing, press the [S/S] or [L/R] button to reset them to zero.

■ During one of the settings (minute, hour, year, month and day) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).

■ When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

ALARM SETTING
2 oF 10

Alarm Quick Setting

[M] ↑↓ hold [M]

alarm time (hour, minute)

SET ALM-1
ALARM ON
11:05 A

Daily Alarm Display Alarm 1

ALM-1   [S/S]   ALM-5
Alarm 1   **Alarm 5**

[S/S] ↓   ↑ [S/S]

ALM-2   ALM-4
Alarm 2   **Alarm 4**

[S/S] ↓   ↑ [S/S]

ALM-3
Alarm 3

Daily Alarm

Daily Alarm Display

■ This Watch includes 5 daily alarms function for the home time.

■ When the daily alarm is ON, the Watch will beep for 30 seconds at the alarm time every day.
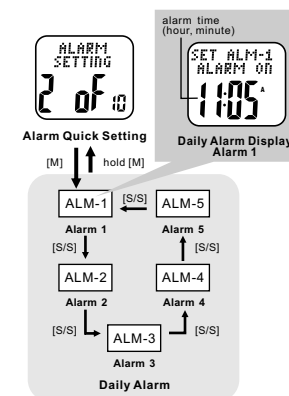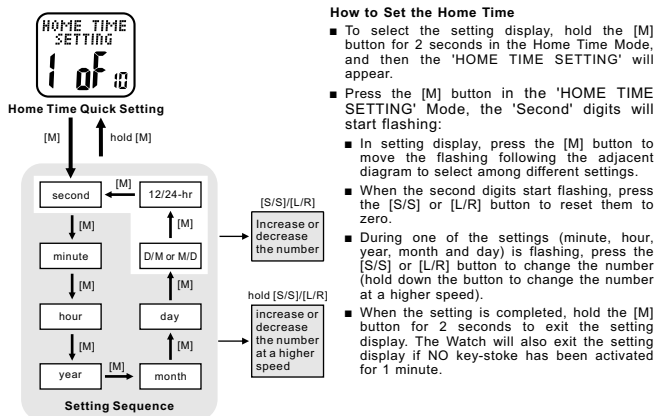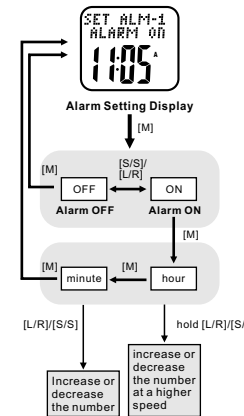
Daily Alarm Display

■ When the Daily Alarm Display is selected, the Watch will show the following items on the display:

■ The daily alarm time (hour, minute) is exhibited on the 2nd row of the display.

■ The alarm setting indicator is exhibited on the 1st row of the display.

How to View the Daily Alarm

■ Press the [S/S] or [L/R] button to view the daily alarm among the Alarm 1 to Alarm 5 when alarm number is flashing.

SET ALM-1
ALARM ON
11:05 A

Alarm Setting Display

[M]

[M]   [S/S]/[L/R]
OFF ↔ ON
Alarm OFF   **Alarm ON**

[M]

[M]   [M]
minute ← hour

[L/R]/[S/S]   hold [L/R]/[S/S]

Increase or decrease the number

increase or decrease the number at a higher speed

How to Set the Daily Alarm

■ Follow the below steps to set the daily alarm 1. Set the other alarm at the similar steps:

■ To select the setting display, press the [M] button in the Alarm Setting Mode, and then the 'ALM-1' digits will start flashing:

■ In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.

■ Press the [S/S] or [L/R] button to set the daily alarm between ON and OFF.

■ During one of the settings (minute, hour) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).

■ When the daily alarm indicator ' [((•] ' is appeared, the daily alarm is ON.

■ When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

(minute/hour)

(1/100 second)

⏱ CHRONO
00:00″₀₀

(second/minute)

Chronograph Display 'All Zero'

1. Elapsed time

| 0 | lap 1 | 30 |
[S/S] → [L/R]

2. Accumulative elapsed time

| 0 | lap 1 | 10 | | 10 | lap 1 | 20 |
[S/S] [S/S] [S/S] [S/S]

3. Lap times

| 0 | lap 1 | 10 | lap 2 | 10 | lap 3 | 10 |
[S/S] [L/R] [L/R] [L/R]

time | 0 | 10 | 20 | 30 |

Elapsed time, Accumulative Elapsed time and Lap time

Chronograph Mode
- This Watch includes a stopwatch function which measures elapsed time and lap time.
- The measuring capacity of the chronograph:
  - Measuring unit: 1/100 second. Measuring range: Up to 59 minutes 59.99 seconds for the first hour and 23 hours 59 minutes 59 seconds afterward. 50 laps.

Chronograph Display
- When the Chronograph Display is selected, the Watch will show the following items on the display:
  - Counting: During the first hour counting time (59 minutes 59.99 seconds), minute, second and 1/100 second will exhibit on the display. Hour, minute and second will exhibited on the display afterwards.
  - Stop counting: The current lap time and the accumulative elapsed time is exhibited on the 2nd and 3rd row of display.
  - Lap Display: The current lap number and the lap time are exhibited on the 1st and 2nd row of display for 10 seconds.

⏱ CHRONO
00:00″₀₀

All Zero Display

[S/S]

⏱ CHRONO
00:01″₁₀

Counting Display

[L/R]

LAP-01
00:00:07.17
00:07″₁₇

Lap Display

after 10 sec

LAP-02
00:00:10.38
00:17″₅₅

Counting Display

hold [L/R]

[S/S]

⏱ CHRONO
00:07″₁₇

Stopped Counting Display

Accumulative elapsed Time

Current Lap Time

Current Lap Number

How to Measure Elapsed Time
- During the 'All Zero' Display, press the [S/S] button once will start the counting, and press the [S/S] button again will stop the counting.

How to Get a Lap Time
- When the chronograph is counting, press the [L/R] button to select Lap Display.
- In the Lap Display, the current lap number will appear on the 1st row, the current lap time will appear on the 2nd row and the accumulative elapsed time will appear on the 3rd row of the display. The counting display will be returned after 10 seconds automatically.
- Repeat the above key operations to get another lap time.

How to Reset the Chronograph
- During the chronograph is stopped:
  - Hold the [L/R] button to reset the display to 'All Zero' display when the Chronograph is stopped counting.

LAP-06
00:00:01.56
00:24″₇₃

Stopped Counting Display

hold [M]   hold [M]

[S/S]*

[S/S]*   [S/S]*

REC-01
00:00:07.17
00:07″₁₇

[S/S]*

REC-02
00:00:04.38
00:11″₅₅

others lap time

Lap 1 Record   **Lap 2 Record**

[M]

TTL-06
00:39″₂₅

Remark*:
Press the [L/R] to move the selection by a reverse direction.

Total Accumulative Elapsed Time

How to Recall the Lap Time
- Hold down the [M] button for about 2 seconds to enter the recall mode.
- Press the [S/S] or [L/R] button to view the recorded lap times one by one.
- Press the [M] button to view the total accumulative elapsed lap time.

Countdown Timer (hour, minute, second)

⏳ TIMER
0:07:00

Countdown Timer Display

[S/S]

⏳ RUN
0:06:59

Counting Display

[S/S]

[L/R]

⏳ PAUSE
0:01:47

Stopped Counting Display
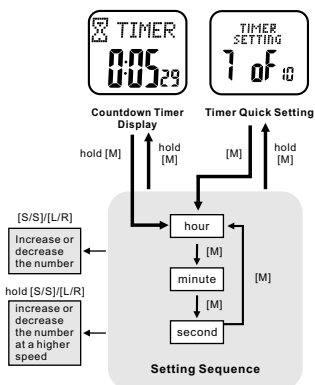
Countdown Timer Mode
- The measurement unit of the timer is 1 second, and the measuring range can be set up to 59 minutes 59.99 seconds for the first hour and 23 hours 59 minutes 59 seconds afterward.
- Press the [S/S] button to start the timer and press once again to stop it.
- During the counting, the Watch will beep every minute for the last 10 minutes, every 10 second for the last 1 minute, every second for the last 5 seconds.
- When the timer counts to 0 second, it will beep for 10 seconds.

How to Reload the Timer
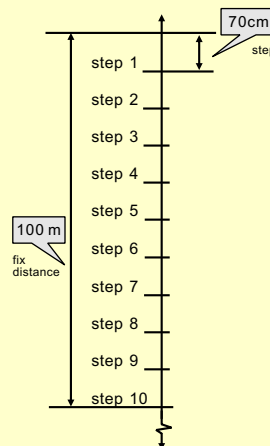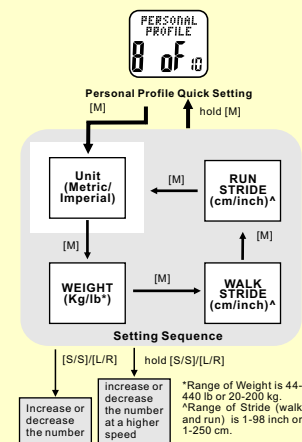- Press the [L/R] button to reload the timer to the previous starting value when the timer is stopped counting.

7.1 Countdown Timer Mode - *Setting the Countdown Timer*

TIMER
0:05₂₉

TIMER SETTING
7 oF ₁₀

Countdown Timer Display   Timer Quick Setting

hold [M]   hold [M]   [M]   hold [M]

[S/S]/[L/R]
Increase or decrease the number

hold [S/S]/[L/R]
increase or decrease the number at a higher speed

hour
[M]
minute
[M]
second

[M]

Setting Sequence

How to Set the Countdown Timer

- Follow the below steps to set the timer.
  - To select the setting display, hold the [M] button for 2 seconds in the Countdown Timer Display, and then the 'Hour' digit will start flashing.
  - In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
  - When one of the settings (hour, minute, second) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).
  - When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

8.1 Personal Profile Mode - *Example*

70cm
step distance

step 1
step 2
step 3
step 4
step 5
step 6
step 7
step 8
step 9
step 10

100 m
fix distance

EXAMPLE

- Users can employ the below test to come the average stride to input into the Watch for more accurate result. Walking/runing a fix distance (e.g 100m), and divide that distance with the steps (to finish that distance) to come out the average walk/run stride.

8.0 Personal Profile Mode - *Personal Profile Display*

PERSONAL PROFILE
8 oF ₁₀

Personal Profile Quick Setting
[M]   hold [M]

Unit (Metric/ Imperial)
[M]
RUN STRIDE (cm/inch)^

[M]   [M]

WEIGHT (Kg/lb*)
[M]
WALK STRIDE (cm/inch)^

Setting Sequence

[S/S]/[L/R]
Increase or decrease the number

hold [S/S]/[L/R]
increase or decrease the number at a higher speed

*Range of Weight is 44-440 lb or 20-200 kg.
^Range of Stride (walk and run) is 1-98 inch or 1-250 cm.

Personal Profile

- Users can choose between metric and imperial for pedometer measurement. In setting display, users also can enter their weight, running and walking stride in order to get an accurate measurement for their pedometer data.

How to Set the Personal Profile

- To select the setting display, press the [M] button in the Personal Profile Quick Set Display:
  - Press the [M] button to move the flashing following the adjacent diagram.
  - When the unit setting is flashing, press the [S/S] or [L/R] button to change the setting between Metric and Imperial.
  - When one of settings (weight, walk/run stride) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).
  - When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

9.0 System Setting Mode - *Setting the System*

SYSTEM SETTING
9 oF ₁₀

System Quick Setting
[M]   hold [M]

Hourly Chime ON/OFF
[M]
Keytone ON/OFF
[M]   [M]
LCD Contrast

Setting Sequence

[S/S]/[L/R]
Increase or decrease the number

hold [S/S]/[L/R]
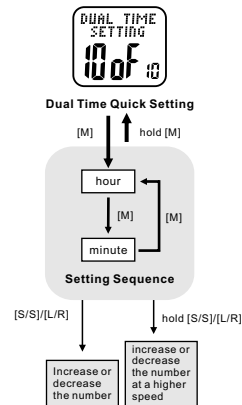increase or decrease the number at a higher speed
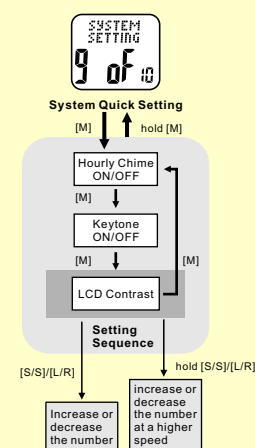
How to Set the System

- To select the setting display, press the [M] button in the System Setting Display, and then the hourly chime "ON/OFF" will start flashing:
  - In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
  - When one of the settings (hourly chime, keytone) is flashing, press the [S/S] or [L/R] button to set ON or OFF. When the hourly chime is turned ON, the ' 🔔 ' icon will appear on the display.
  - During the LCD Contrast setting is flashing, press the [S/S] or [L/R] button to change the number from 0 to 15 (hold down the button to change the number at a higher speed).
  - When the setting is completed, hold the [M] button for 2 seconds to exit the setting display.
  - The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

IMPORTANT: When the keytone is selected "ON", a beep tone is produced upon steps to be detected in Pedometer Sensitivity Setting Mode. And an initial alert is produced upon the pedometer is activated as well.
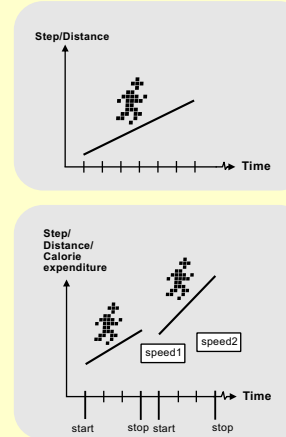
10.0 Dual Time Mode - *Dual Time Display*

```
DUAL TIME
 SETTING
 10 oF 10
```

Dual Time Quick Setting

[M] ↕ hold [M]

hour

[M] [M]

minute

Setting Sequence

[S/S]/[L/R]   hold [S/S]/[L/R]

Increase or decrease the number

increase or decrease the number at a higher speed

How to Set the Dual Time
- To select the setting display, press the [M] button in the Dual Time Setting Display, and then the 'Hour' digit start flashing:
  - In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.
  - When one of the settings (hour, minute) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).
  - When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display.
  - If NO key-stoke has been activated for 1 minute.

11.0 Pedometer Mode - *Tips to a Healthy Lifestyle*

Tips to a Healthy Lifestyle
- Regular activity can help to prevent diseases. Physical inactivity has become a serious problem. The pattern of inactivity begins early in life, which means that promoting physical activity is important to a health lifestye:
  - Take enough sleep
  - Make social connection
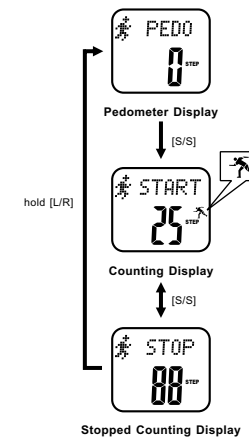 - Do more exercise
  - Take a daily walk
  - Eat balanced diet

How to Increase Walking Steps
- Since walking contributes to a healthy lifestyle, the following are some tips which would increase your walking steps:
  - Walk to your office by leaving the bus earlier or park your car farther away from your office.
  - Establish a walking habit everyday.
  - Walking with some soft music or friends.
  - Set up a goal (How many km within a week) for your walking.

How this Watch guide you to achive your Goal
- In addition to normal Pedometer function, this Watch specially includes the advanced pedometer function which not only counts your walking step, but also calcucate the distance, speed, exercise time and calorie expenditure for your walking or running. These unique pedometer feature will guide you to achive your Goal

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11.1 Pedometer Mode - *What is a Pedometer*

Step/Distance

Time

Step/Distance/Calorie expenditure

speed1   speed2

Time

start   stop start   stop

What is a Pedometer
- Pedometer is a small device that you wear on your waist. It provides instant readings about your walking/running step and distance.
- It is a great way to find out how many step/distance that you have done for a day. Once you know that, you can set your own personal goals based on that.
- There are many types of pedometer, some of them count the number of steps or count the distance, or both.

Advance Pedometer Features
- This Watch includes some advanced pedometer features which provides the pedometer data to user for guiding them to achieve his/her fitness goal.
- These data include the distance, speed, exercise time and calorie expenditure for the walking or running.
- These data can be read instantaneously or saved into memory for recall later.

11.2 Pedometer Mode - *Pedometer Display*

```
 PEDO
  0  step
```
Pedometer Display

[S/S] ↓

hold [L/R]

```
 START
  25  STEP
```
Counting Display

↕ [S/S]

```
 STOP
  88  step
```
Stopped Counting Display

Pedometer Functions
- This Watch includes some advanced pedometer features. They are the step calculation, distance calculation, speed calculation, calorie expenditure calculation and exercise time calculation.
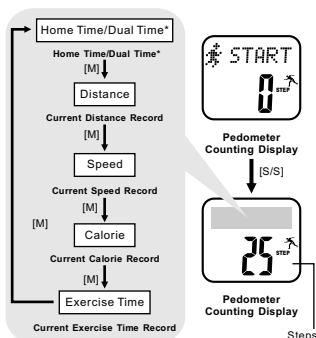
How to Use the Pedometer
- Press the [S/S] button to start the pedometer and press once again to stop it.
- When the pedometer is started, the Watch will start to collect the data for step, distance, speed, calorie expenditure and time.
- These data can be read instantaneously or saved into memory for recall later. It has 7 daily and 10 weekly history.
- Check at the coming 'Counter Sub-Function' and 'Memory Sub-Function' Chapters to find out how to view/save these data.

NOTE: The Watch will exit the Pedometer Mode if NO key-stoke has been activated for 1 minute.

How to Clear the Current Pedometer Data
- Hold the [L/R] button to show the 'Clear Event' display when the pedometer is stopped.
- Press the [S/S] or [L/R] button to select between 'YES' or 'NO' in 'Clear Event' display. Press the [M] button in the 'YES' display to clear the current pedometer data.

11.3 Pedometer Mode - Pedometer Functional Display

Home Time/Dual Time*

↓

Home Time/Dual Time*
[M]

↓

Distance

Current Distance Record
[M]

↓

Speed

Current Speed Record
[M]

↓

Calorie
[M]

Current Calorie Record
[M]

↓

Exercise Time

Current Exercise Time Record

Remark*: It depends on which display format you selected.

START
0 STEP
Pedometer Counting Display

[S/S]

↓

25 STEP
Pedometer Counting Display

Steps

Pedometer Functional Display

- The following five different readings can be shown on the upper display in the Pedometer Mode:
  - Home Time/Dual Time, Distance, Speed, Calorie Expenditure and Exercise Time.
- The step reading is exhibited on the lower display in the Pedometer Mode all the time.

How to View the Functional Display

- Once users start doing exercise and start the pedometer as well, the corresponding data will be updated to the display by each second.
- Press the [M] button to view among the home time/dual time, current distance, current speed, calorie expenditure and current exercise time following the adjacent diagram.

Memory Function

- These data can be saved into memory for recall later. Users can go through 'Counter Sub-Function' Chapter to study how to save the data as a record.
- Maximum 7 daily and 10 weekly records can be stored. **NOTE:** Sunday is the starting day of a weekly record, and the week of 1st January is the 1st weekly record, and vice versa.
- The oldest record will be removed when a new record is registered.

11.4 Pedometer Mode - Pedometer Sub-Function

STOP
80 STEP

Pedometer Stopped Counting Display

hold [M]   hold [M]

↓   ↑

Pedometer Counter 1 of 4 ←[L/R]*→ Pedometer Setting 4 of 4

↓[L/R]*   ↑[L/R]*

Pedometer Memory 2 of 4 —[L/R]*→ Pedometer Schedule 3 of 4

Pedometer Sub-Function

[M]   hold [M]

↓   ↑

Setting Mode

Remark*: Press the [S/S] to move the selection by a reverse direction.

Pedometer Sub-Function

- There are four Pedometer sub-functions included to optimize the performance of the Pedometer. They are:
  - Counter sub-function: To save the Pedometer data.
  - Memory Sub-function: To review the pedometer data history.
  - Sensitivity Sub-function: To set the step trigger sensitivity.
  - Schedule Sub-function: To set the auto start/stop time for the pedometer function.

How to Select the Pedometer Sub-Function

- To select the sub-function mode, hold down the [M] button in the Pedometer Display (when it is stopped):
  - Press the [L/R] or [S/S] button to select among the different sub-function modes.
  - Check the coming chapter for the detail function of these Pedometer sub-functions.
  - The Watch will exit the setting display if NO key-stoke has been activated for 1 minute.

11.5 Pedometer Mode - Counter Sub-Function (Save Data)

PEDOMETER COUNTER
1 oF 4

Counter Sub-Function

[M]   hold [M]

↓   ↑

Save This Event? No ←[S/S or L/R]→ Save This Event? Yes

↓[M]   [M]

Clear This Event? No ←[S/S or L/R]→ Clear This Event? Yes

↓[M]

Clear Daily Record? No ←[S/S or L/R]→ Clear Daily Record? Yes
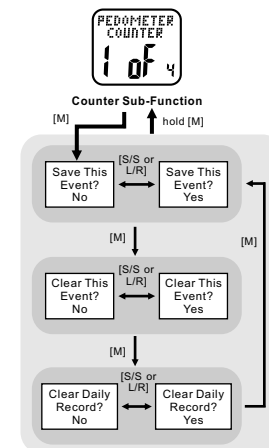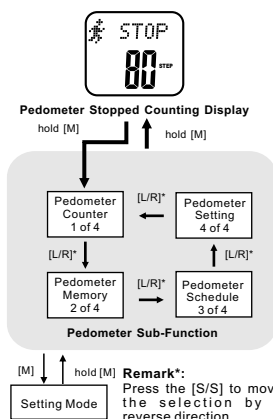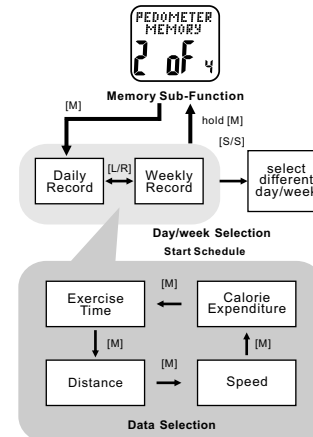
Counter Sub-Function (Save Data)

- In order to manage the data (speed, distance, steps, calorie expenditure and exercise time) which collected during the walking or running, Users can choose to save or clear the current event or daily record by using this sub-function.

How to Save the Pedometer Data

- To select Counter Sub-function Display, press the [M] button in the Pedometer Counter Display:
  - To Save/Clear the data, press the [S/S] or [L/R] button to select between 'Save This (Current) Event', 'Clear This (Current) Event' and 'Clear Daily Record' Display, and press the [M] button in the 'YES' display to save/clear the data.
  - Hold down the [M] button to exit the sub-function display.
  - The Watch will also exit the sub-function display if NO key-stoke has been activated for 1 minute.

NOTE: If the steps count in the current event is zero, the "Save This (Current) Event" Display does not shown. If the steps count of the today record is zero, the "Clear Daily Record" Display does not shown.

11.6 Pedometer Mode - Memory Sub-Function (Review Data)

PEDOMETER MEMORY
2 oF 4

Memory Sub-Function

[M]   hold [M]

↓   ↑[S/S]

Daily Record ←[L/R]→ Weekly Record —→ select different day/week

Day/week Selection

Start Schedule

Exercise Time ← Calorie Expenditure

↓[M]   ↑[M]

Distance —→ Speed

Data Selection

Memory Sub-Function (How to View the Stored Records)

- To select Memory Sub-function Display, press the [M] button in the Pedometer Counter Display:
- The exercise time and steps of the day will be exhibited on the display.
- Press the [L/R] to select between Daily and Weekly record.
- When a target day or week is displayed, press the [M] button to view among the total exercise time, distance, speed and calorie data for that day or week.
- Hold the [M] button to exit Sub-function Display.
- The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

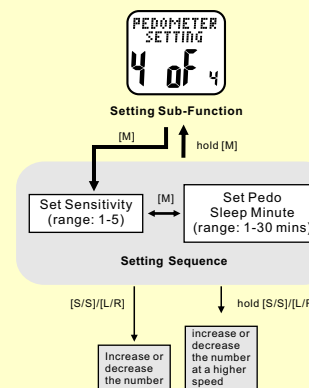## 11.7 Pedometer Mode - Schedule Sub-Function (Auto Start/Stop)
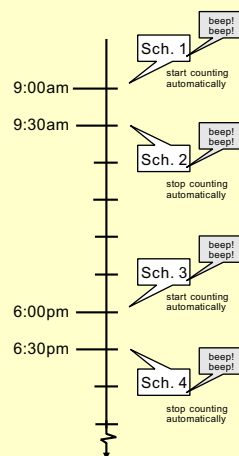
Schedule Sub-Function (Auto Start/Stop)
- This function can start/stop the pedometer function automatically at your preset time (hour, minute).

Application of using Pedometer Schedule
- Users can preset the target time for the day. For example, user A needs to walk to school (9:00am-9:30am) and back home (6:00pm-6:30pm) everyday. So he/she sets 9:00am, 9:30am, 6:00pm and 6:30pm as a schedule 1, 2, 3 and 4 separately.
- After setting the target time, the Watch will start counting at the period automatically everyday. It can avoid counting the non-walking time.

Sch. 1 — beep! beep! — start counting automatically
9:00am
9:30am — Sch. 2 — beep! beep! — stop counting automatically
Sch. 3 — beep! beep! — start counting automatically
6:00pm
6:30pm — Sch. 4 — beep! beep! — stop counting automatically

11.8 Pedometer Mode - How to Set the Pedometer Schedule

PEDOMETER SCHEDULE
3 oF 4

Schedule Sub-Function

Sch. 1 → Sch. 2 → Sch. 3
Sch. 6 ← Sch. 5 ← Sch. 4
[S/S]*
[M]
OFF → Start → Stop
minute
hour
Increase or decrease the number
increase or decrease the number at a higher speed

How to View Pedometer Schedule
- To select the Schedule Sub-function Display, press the [M] button in the Pedometer Schedule Display, and then the "SET SCH - 1" digit start flashing:
- Press the [S/S] or [L/R] button to view the auto schedule among the Schedule 1 to Schedule 6.

How to Set the Pedometer Schedule
- When one of the above target schedule is displayed, press the [M] button to enter the setting following the adjacent diagram.
- Press the [S/S] button to select among 'OFF', 'START' and 'STOP' Display.
- Press the [M] in the 'START' or 'STOP' Display for auto start/stop time setting. When one of the setting (hour, minute) is selected, press the [L/R] button to change the number (hold down the button to change the number at a higher speed).
- When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

11.9 Pedometer Mode - Setting Sub-Function

PEDOMETER SETTING
4 oF 4

Setting Sub-Function

[M] ↑ hold [M]

Set Sensitivity (range: 1-5) ←[M]→ Set Pedo Sleep Minute (range: 1-30 mins)

Setting Sequence

[S/S]/[L/R]   hold [S/S]/[L/R]

Increase or decrease the number   increase or decrease the number at a higher speed

Setting Sub-Function (Sensitivity and Sleep Time Setting)
- The sensitivity setting is the setting that inputs the sensitivity (1-5) for adjusting the pedometer to well suit one's walking pattern.

How to Set the Sensitivity for Pedometer
- To select the setting display, press the [M] button in the Pedometer Setting Display, and then the 'Set Sensitivity Level' digit start flashing.
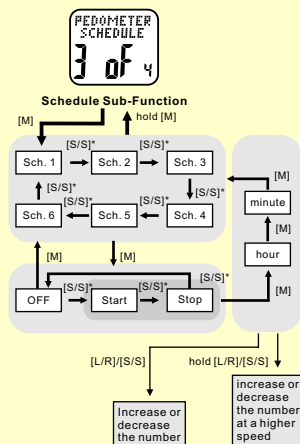- In setting display, press the [M] button to move the flashing following the adjacent diagram to select different settings.
- When one of the settings (Sensitivity Level, Pedo Sleep Min) is flashing, press the [S/S] or [L/R] button to change the number.
  IMPORTANT: At this point, user can test which sensitivity is well suited by swinging the Watch when the keytone is selected "ON". Choose a setting which the beep is consistent with the swinging intensity, or try another sensitivity until the one best suit the swinging.
- When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

12.0 Specifications

Current Time Mode
- Time System: am, pm, hour, minute, second
- Time Format: 12-hour or 24-hour format
- Calendar: Month, date and day of week display (Auto-Calendar function for leap year and day of week)

Alarm Mode
- Daily alarm and hourly chime
- Alarm Sound: 30 seconds

Chronograph Mode
- Resolution: 1/100 second
- Measuring Range: 23 hours 59 minutes 59.99 seconds

Countdown Timer
- Resolution: 1 second
- Measuring Range: 23 hours 59 minutes 59 seconds
- Timer Sounds: Last 10 minutes shall beep every minute, last 1 minute shall beep every 10 seconds, last 5 seconds shall beep every 1 second and beep for 10 seconds when count to zero.

Pedometer Mode
- Daily Countable Steps Range: 0-345600 steps
- Displayable Steps Range: 0-999999 steps
- Exercise Timer: Maximum 24 hours
- Distance Measuring: 0-400 km / 0-248.55 mile
- Calorie Burned Range: 0-99999 calorie
- Programmable Auto Start/Stop Function: 6 schedule time
- Memory: 7 daily and 10 weekly records
- User Options: Power save time (1-30 minutes), Pedometer sensitivity (1-5 level)

Back Light
- Back Light Type: Electro-Luminescent (EL) back light